

Westminster Council on Aging January 2021 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



*Happy Birthday
To All Seniors
Celebrating
In January!*



*Every New Beginning
Comes From Some
Other Beginning's End.
- Seneca*

WISHING EVERYONE A HAPPY & HEALTHY NEW YEAR!

2020 HAS BEEN A YEAR WE WILL NEVER FORGET!

As of January 2021, we're not sure what is going to happen due to the COVID-19 pandemic. However, I want everyone to know we are here for our seniors. We have resources available to help the seniors in need during these tough times. If you, or anyone you know, could use any assistance, please call the Council on Aging office at 978-874-7402. My staff and I will do our best to accommodate whatever your needs are. Every call remains confidential.

~ PLEASE STAY HEALTHY & SAFE! ~

Sue Fisher (Director)

Michelle Johnson, Pat Streeter,
Kathy Lawrence, Dan Novak,
& Jayne Perior



Elizabeth Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

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GARDNER
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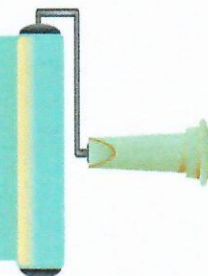
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MEDICARE NEWS FROM SHINE

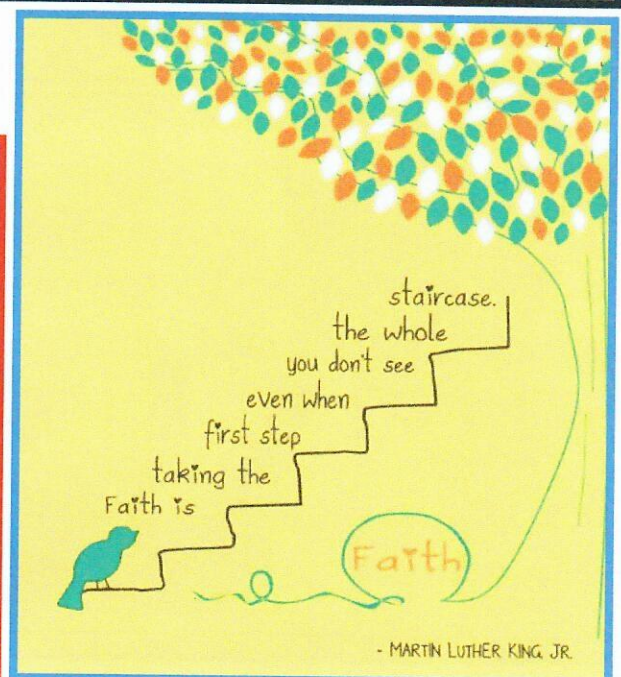
The Medicare Savings Program is GREAT NEWS!!!

The Massachusetts Medicare Savings Program pays your monthly Part B Premium, \$148.50 for 2021, and you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for extra help from Social Security to help pay your prescription drug costs. The income eligibility for a single person is \$1,755, and for a married couple \$2,371. Asset limits are \$15,720 single, and \$23,600 for a married couple.

Medicare Advantage Plan Open Enrollment Period

This period will run from January 1 to March 31 of each year. During this timeframe, you can change to another Medicare Advantage Plan (HMO and PPO plans). You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1 TO TAKE ADVANTAGE OF THIS.**

SHINE counselors are available to discuss your Medicare questions or concerns. Contact your SHINE counselor by phoning your local Senior Center.



- MARTIN LUTHER KING, JR.

Coffee with the Chiefs



Thursday, January 14
1:00-2:00 pm



Please Join Westminster's
Acting Police Chief, Ralph LeBlanc
Fire Chief, Kyle Butterfield

All are welcome to the Westminster Senior Center to personally meet with the Chiefs of Your Town... while enjoying complimentary coffee & refreshments. This is a great opportunity to ask questions, voice concerns, and share information in a friendly, casual setting. We hope to see you then!



**THE SENIOR CENTER WILL BE CLOSED IN OBSERVANCE
OF THE FOLLOWING HOLIDAYS ~**

Friday, January 1 ~ New Year's Day

Monday, January 18 ~ Martin Luther King, Jr. Day

WISHING YOU SAFE & HAPPY HOLIDAYS!



The Town of Westminster will have sand available during the winter months for Westminster resident's personal use. The sandpile is located at the Wellington House. Please bring your own bucket and shovel.

The Westminster Council on Aging Board Meeting will be held Tuesday, January 12, 11:30 am at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend. ****Please note time change.**



Senior Home Inspections

Sponsored by the Westminster Fire Department

Available to Westminster Senior Residents (Age 60+)

- ♦ We will replace battery operated smoke detectors & make sure your house is up to code
- ♦ We will replace battery operated CO detectors
- ♦ Our detectors have a 10-year sealed battery!
- ♦ Kitchen safety information
- ♦ General fire safety tips
- ♦ Heating information
- ♦ Advise on tripping hazards
- ♦ Answer any questions

➔ To sign up, please call the Senior Center (978-874-7402). The Westminster Fire Department will then contact you directly to schedule your appointment.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.
Name: Sex: M F

Address:

Doctor: Phone #:

Preferred Hospital:

EMERGENCY CONTACTS

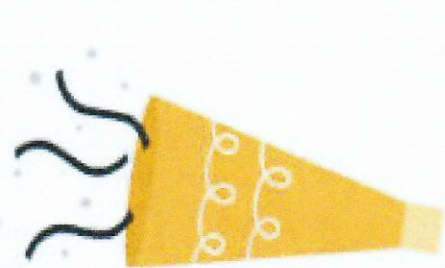
Name: Phone #:

Address:

Name: Phone #:

Free *File of Life* folders are available at the Westminster Senior Center. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during emergency situations. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours today!

HAPPY NEW YEAR!



W	I	H	V	V	A	X	R	N	R	Z	G	O	A	L	S	A	Z	Y	F
G	R	B	K	G	Z	T	Y	Z	I	Z	Z	J	Q	C	O	M	P	X	B
M	D	M	B	T	B	K	T	P	X	N	S	L	T	K	C	X	X	W	T
M	I	Q	C	R	A	E	Y	W	E	N	O	Z	J	K	S	K	R	N	H
L	P	D	M	V	X	P	N	Z	J	L	O	V	Z	V	Y	D	Z	Q	G
G	P	E	X	A	X	K	O	Q	N	C	O	U	N	T	D	O	W	N	I
F	V	Z	N	D	S	S	M	B	P	C	Y	W	V	F	T	W	F	B	N
T	R	S	P	S	P	A	R	K	L	E	R	S	H	Q	T	O	J	A	D
P	J	O	L	B	Y	V	M	S	Y	L	N	N	N	R	C	A	F	L	I
Y	L	P	E	N	S	K	R	O	W	E	R	I	F	Z	N	Y	C	L	M
X	J	K	E	B	D	P	P	G	W	B	K	N	J	U	G	J	W	O	J
W	I	S	C	F	S	F	L	D	B	R	G	P	A	J	E	X	A	O	K
Q	S	C	A	O	W	D	J	R	M	A	W	R	T	J	H	Q	H	N	C
F	R	Q	K	J	N	W	P	A	R	T	Y	P	O	P	P	E	R	S	O
K	E	P	A	U	J	F	G	X	M	I	Z	X	R	T	S	X	K	Q	L
V	E	N	R	I	Y	E	E	B	G	O	Q	Y	I	U	P	H	K	Y	C
Y	H	I	S	I	R	E	O	T	J	N	O	I	T	U	L	O	S	E	R
Q	C	S	H	A	P	P	Y	G	T	B	O	U	V	C	D	L	R	Z	G
R	M	Q	G	Q	X	Y	B	N	O	I	S	E	M	A	K	E	R	G	F
N	A	E	N	K	V	K	T	Y	F	H	R	R	A	Y	R	Y	I	A	V

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers

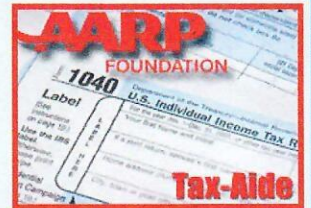


Mission Statement: *The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness & nutrition programs, referral services, SHINE, and also transportation.*



Westminster Police Detective, Nick Auffrey, is available for any questions or concerns you may have regarding fraud or scams. Please contact Detective Auffrey at 978-874-2900.

Free Tax Assistance & Preparation AARP Foundation TAX-AIDE



The AARP Foundation is again providing free tax assistance and preparation plus e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.

Taxpayers are encouraged to have the following documents when they arrive at an AARP Tax-Aide site:

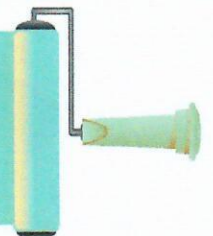
- Photo ID and Social Security Card
- Copy of last year's (2019) tax return
- Health insurance coverage information for taxpayer, spouse, and all dependents
- Seniors with full-year enrollment in Medicare need only bring their SSA-1099 with them
- Calendar year 2020 real estate tax bills and dates of payment (needed for Circuit Breaker benefit filing)
- Calendar year water and sewer charges (needed for Circuit Breaker benefit filing)
- All other income tax-related documents

Tax assistance and preparation services will be offered at both the Gardner and Westminster Senior Centers starting early February. We will start accepting appointments beginning January 4. Please call one of the senior centers below for scheduling.

Westminster Senior Center: 978-874-7402

Gardner Senior Center: 978-630-4067

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